

Figure 1 Duration scores.

Length of Session	Duration Score
Under 5 minutes	0
5–14 minutes	1
15–29 minutes	2
30–44 minutes	3
45–60 minutes	4
Over 60 minutes	5

Figure 2 Intensity scores.

Exercise Similar to	Intensity Score
Watching TV, typing on the computer	0
Bowling, slow walking	1
Table tennis, golf (without a golf cart), baseball, softball	2
Rapid walking, leisurely bicycling, recreational volleyball, weight lifting	3
In-line skating, cross-country skiing, jogging	4
Tennis, soccer, basketball, swimming	5

Figure 3 Sample physical activity analysis.

Day	Activity	Duration	Duration Score	Intensity Score	Activity Index
Sunday	Bike	35 min	3	4	12
Tuesday	Lift weights	29 min	2	3	6
Wednesday	Run	40 min	3	5	15
Friday	Lift weights	20 min	2	3	6
Saturday	Bike	45 min	4	4	16
			Personal activity index		55
			Personal activity level		Active

Directions:

1. Think about each session of physical activity or exercise in which you participated during the last week. Enter this information into the “day,” “activity,” and “duration” columns of figure 4 near the end of this handout. Refer to the Figure 3 for examples.

2. Use the values listed in Figure 1 to calculate the duration score for each activity. Enter the scores in the “duration score” column of Figure 4. For example, if you walked for 50 minutes, the duration score would be 4.

3. Use the values listed in Figure 2 to estimate the intensity score for each activity. Enter these scores in the “intensity score” column of Figure 4.

4. Calculate your *activity index* for each session of exercise or activity by multiplying the *duration score* by the *intensity score*. Enter these values into the “activity index” column in Figure 4 (Activity index = duration score x intensity score).

5. Calculate your *personal activity index* by adding up the column of individual activity indexes that you calculated in Step 4. Enter your total personal activity index into the space in Figure 4.

6. Determine your *personal activity level* for the week by using the following information:

- 0–5 *sedentary*
- 15–24 *slightly active*
- 25–40 *moderately active*
- 41–50 *active*
- 51–60 *highly active*

Enter your personal activity level into the space in figure 4.

Day	Activity	Duration	Duration Score	Intensity Score	Activity Index
			Personal activity index		
			Personal activity level		